

# Recipe

## Raspberry Cream Yogurt Pops

### INGREDIENTS:

3 cups raspberries (fresh or frozen)

1/4 cup sugar

2 1/2 cups vanilla Greek yogurt

1/4 cup cream OR half and half

*\*Caution: Always check for allergies before serving foods. Make substitutions as needed.*

### DIRECTIONS:

Invite the children to make a pink treat with you today! After children have washed their hands, they can help mash up raspberries. (If using frozen raspberries, defrost first.) Place the berries in a large bowl and invite children to take turns mashing the berries with a potato masher or large spoon.

In another large bowl, children can help measure the sugar, yogurt, and cream. Whisk these ingredients together until the sugar has dissolved. Add the mashed raspberries and stir well with a spatula. Do children notice what happens when the raspberries are stirred into the yogurt mix? What color was the yogurt before the raspberries were added? What color is the yogurt now?

Pour the mixture into ice pop molds, cover, and insert the handles. Freeze for at least four hours or overnight before popping out and serving to the children.



# Recipe

## Bean Dip

### INGREDIENTS:

- 1 cup dry pinto beans
- 1 tsp garlic powder
- 1/2 tsp cumin
- 1/2 tsp chili powder
- 1/4 tsp salt
- 1/2 tsp dried oregano
- 1/2 cup plain yogurt
- 2 oz shredded cheese

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### DIRECTIONS:

Soak the pinto beans overnight. Drain the beans and discard the water. Place the beans in a large saucepan, along with six cups of fresh water. Bring to a boil, reduce heat, and cook the beans for one hour or until soft.

Drain the beans, saving 1/4 cup of the cooking liquid. Place the beans in a large bowl, along with the liquid. Invite children to wash their hands, and then take turns using a potato masher to mash the beans. While some children are mashing, invite others to help you grate the cheese and measure the other ingredients. Once the beans are mashed, mix in the seasonings. Stir in the yogurt and shredded cheese. Serve with tortilla chips.

